

# North Carolina Air National Guard

TGIF News

The Guard is Family

VOLUME 2010, ISSUE 2

MARCH 1, 2010



## TRICARE For Gray-Area Retirees



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### NGAUS Status Report on TRICARE for Grays November 23, 2009

There is good news for retirees in the National Defense Authorization Act for Fiscal year 2010 recently signed into law. It authorizes TRICARE Standard for Gray Area retirees. This long sought benefit is now in the law due to the strong lobbying efforts of NGAUS and other military support organizations. Once the program is implemented by the TRICARE Management Activity (TMA), all Gray Area Retirees (Reserve Component retirees who have not attained the age of 60), who are now only eligible to receive Reserve retirement pay and TRICARE at age 60, will be able to purchase TRICARE Standard (TS) individual or family coverage at a premium equal to the full cost of coverage to the Department of Defense (DoD).

Those cost figures are determined by the Secretary of Defense on an actuarial basis. NGAUS estimates that the cost for this coverage, based upon current rates, would be \$169.68 for individuals and \$643.46 for families.

The **not so good news** is that TMA estimates that it will take 11-18 months to implement the TRICARE for Gray Area Retirees program as it attempts to process the technical, legal and administrative tasks involved with bringing a new program on line. The effective date of the legislation was 1 October 2009.

(This is for information only from NGAUS website <http://www.ngaus.org/> more to follow once we receive official information from TRICARE)

## **Career Mentoring Day For Disabled Vets @ Gerdau Ameristeel—March 5, 2010 (8:00AM -12:30PM)**

A unique opportunity for disabled vets to develop a relationship with an international corporation located in Charlotte. Network with Gerdau Ameristeel representatives who work in the field which interests you. The Gerdau Ameristeel Career Mentoring Day experience will give you the opportunity to:

- Network with a leading corporation with more than 40,000 employees worldwide
- Participate in one-on-one job shadowing and career exploration in areas such as engineering, manufacturing, sales, or executive leadership
- Take a behind the scenes tour of the largest steel production facility in the area
- Learn what employment opportunities are available

**LIMITED SPOTS ARE AVAILABLE - FILL OUT THE REGISTRATION FORM ONLINE @ [WWW.ENABLEAMERICA.ORG](http://WWW.ENABLEAMERICA.ORG) OR CONTACT US FOR MORE INFORMATION [margaret.bock@enableamerica.org](mailto:margaret.bock@enableamerica.org) or call 813.222.3212, ext 1602 or fax 813.222.3298**

Gerdau Ameristeel is the second largest minimill steel producer, and the second largest recycler in North America. Gerdau Ameristeel operates 19 recycling facilities that collect, sort, and process approximately 3.2 million tons of steel annually that reinforce the skylines of communities throughout the world.

Enable America is a national organization dedicated to creating employment opportunities for wounded vets and people with disabilities

### **Frequently Asked Questions**

#### **What is a Disabled Vets Career Mentoring Day?**

An opportunity for disabled vets to spend time at a workplace engaging in job shadowing and hands-on career exploration with career mentors who are employees at the business.

#### **Why should I participate?**

This is a great opportunity to network with employees and hiring managers of a very successful company. If the employer is hiring, you may have an opportunity to interview for a position. If there are no job openings, you have the chance of making a good impression and possibly being called in for an interview once a job becomes available.

**(Continued on next page)**

**(Continued From Previous Page)****Who is Gerdau Ameristeel?**

Gerdau Ameristeel is the second largest minimill steel producer, and the second largest recycler in North America. The Charlotte mill employs over 100 individuals.

**Do I need to have a background in heavy manufacturing to participate?**

No. The Career Mentoring day gives you an opportunity to explore the business and the many

**How much of a time commitment is involved?**

The mentoring day begins at 8AM with a light breakfast and a wrap-up lunch around 12:30 PM.

**How do I get the most out of the day?**

First, provide as much information as you can on the registration form. Then, be sure to send us your resume and any other materials regarding your employment background and interests.

**New Tools for Parents of Military Families ([www.timetotalk.org](http://www.timetotalk.org))****About Time To Talk®**

Time To Talk ® is the Partnership for a Drug-Free America's nationwide movement that reinforces the major influence parents have in helping children make healthy choices.

Talking with kids about the risks of Drugs and Alcohol isn't as hard as parents think. Time To Talk helps make these conversations easier with free, research-based tools and tips to help parents and caregivers have ongoing discussions with their kids.

The partnership supports parents' efforts to be the heroes in their kids' lives, which is one of the most effective factors in minimizing the risk of drug and alcohol abuse. We are a nonprofit organization that motivates and equips parents to prevent their children from using drugs and alcohol, helps parents intervene when use occurs, and supports families in finding help and treatment for loved ones in trouble.

Now available—new tools and tips designed specifically for military parents of tweens and teens. Created with the help from the National Military Family Association and National Association of School Nurses. This new resource provides scripts to help you find the right words, insights from military teens and tips to make the transition into the new school year easier and healthier for you and your child.

Free Talk Kit for parents of



**MILITARY FAMILIES**

## Sittercity

The Department of Defense is offering a new program to help all service members and their families. All Army, Marine, Navy, and Air Force families (active, reserve and guard) are now eligible for memberships to Sittercity, which are fully paid by the Department of Defense. Sittercity is the nation's largest and most trusted website for finding quality local babysitters, child care providers, nannies, elder care providers, dog walkers, housekeepers and tutors. Military families can now visit [www.sittercity.com/dod](http://www.sittercity.com/dod) <<http://www.sittercity.com/dod>> to activate their paid membership today.

The Sittercity program provides military families with instant access to over a million nationwide comprehensive caregiver profiles which include background checks, references, reviews, pictures and much more. Sittercity's proprietary matching technology helps families hand-select the perfect caregiver for their family. In addition, servicemembers and their families will be able to connect with Military Certified care-providers on Sittercity such as Family Child Care homes that are military subsidized and/or authorized access to a military installation.

### **Babysitters!**

For after-school, hourly care, school vacations, deployment and PCS, extended work hours, special needs children, and anytime you need a sitter

**Nannies!** For full and part time, infant and young child care

**Certified CDH/FCC care providers**

**Care providers** who are authorized access to an installation

**Elder care** companions, dog walkers, housekeepers and tutors

### **ABOUT YOUR MEMBERSHIP**

As a "self service" solution, you are in the driver's seat to find the perfect caregiver for your family. You make all arrangements including hiring decision and payment of caregivers.



## **Military Families Gain Access to Free, Online Tutoring**

American Forces Press Service—WASHINGTON (AFNS)

Defense Department officials here launched a free, online tutoring service for servicemembers and their families. The site -- <http://www.tutor.com/military> <<http://www.tutor.com/military>> -- offers round-the-clock professional tutors who can assist with homework, studying, test preparation, resume writing and more.

Marine Corps and Army families have had access to the program for more than a year. Seeing the value, DOD officials decided to expand the service to encompass all servicemembers and their families, officials said.

"Providing 24/7 academic and career support for military families during a time when so many parents have a deployed spouse has been an important and well-received benefit for Marine Corps and Army families," said Tommy T. Thomas, the deputy undersecretary of Defense for military community and family policy.

"We are pleased to expand this program to all U.S. military families and provide peace of mind that their children are never alone when it comes to learning -- there is always a certified, professional tutor available to help," he said.

Active-duty servicemembers, Guard and Reserve members on active duty in a deployed status, DOD civilians in a deployed status and their dependents are eligible to participate, officials said.. Along with test preparation, the site is open to students of any age, from kindergartners to high school seniors, for one-on-one help in math, science, social studies and English. Many of these students, officials said, are making the most of the live, one-on-one help.

"Thanks for having this service when our family is separated at this time due to deployments and training," a 6th grader of a Marine commented. "My father is unable to help one-on-one."

"I really appreciate this," a 9th grader, said. "It really helps me understand my schoolwork. It's going to really help me ace my exams coming up. I am definitely going to use this very often."

[Tutor.com's](http://www.tutor.com) network includes more than 1,800 professional tutors and career specialists who have delivered more than 5 million one-on-one tutoring sessions since 2001, officials said. Each tutor is certified through the site, and all sessions are recorded for quality control.

## 2010 Military Child Award

Operation Homefront and Lockheed Martin Corp. have partnered together to recognize the service and sacrifices of the nation's youngest heroes with the Military Child Award. This award honors children in military families who learn patriotism at a very young age and understand sacrifice and service. The Military Child Education Coalition has also partnered to help with this recognition. Nominations for the award are open to military children between the ages of 8 and 18. The winner will be flown with a parent or guardian to Washington, D.C., for the \$5,000 award and special recognition ceremony on April 8, 2010.

Please don't forget to pass this on to your military colleagues so every special military child has a chance at this great opportunity.

<https://app.icontact.com/icp/loadimage.php/mogile/604059/ece03dcf2497dc19dd6e04bb9c939403/image/gif>

Do you know a deserving child that you would like to nominate for a special award? ***Voting is now open!***

Anyone can nominate a deserving child for the award, but the nominee must be enrolled in the Defense Enrollment Eligibility System, DEERS.

To nominate a child of both active duty and reserve families please visit our website <http://click.icptrack.com/icp/relay.php?r=-1&msgid=0&act=11111&c=604059&destination=http%3A%2F%2Foperationhomefront.net%2Fservicedetail.aspx%3Fid%3D1041> between now and February 25, 2010. To read about the 2009 winner, click here <http://click.icptrack.com/icp/relay.php?r=-1&msgid=0&act=11111&c=604059&destination=http%3A%2F%2Fwww.homefrontonline.com%2Farticle.asp%3Farticleid%3D1476> .

For more information on Operation Homefront please visit [www.operationhomefront.net](http://www.operationhomefront.net) <http://click.icptrack.com/icp/relay.php?r=-1&msgid=0&act=11111&c=604059&destination=http%3A%2F%2Fwww.operationhomefront.net%2F> .

## **Our Military Kids Grant Program [www.ourmilitarykids.org](http://www.ourmilitarykids.org)**

Our Military Kids provides tangible support to the children of deployed and severely Injured National Guard and Military Reserve personnel through grants for enrichment activities and tutoring that nurture and sustain the children during the time a parent is away in service to our country.

Our grants cover activities such as sports programs, fine arts programs, tutoring assistance, camps, etc. We allow the families to select an activity for each of their children age 3 through grade 12. Families can select activities in their own geographic area. We simply cut a check to cover up to six months instruction for the chosen activity, with a maximum award amount of \$500 per child.

Our Military Kids grants are extremely easy to access with a very short application, minimal records requirement (Title 10 deployment Orders, ID, application and Brochure for child's activity showing fees) and a very fast turn-around time of seven to ten days. Checks are made payable to the organization requested, and the children receive notification packets recognizing their sacrifices while their military parent is deployed. In 2009, Our Military Kids has provided 291 grants to NC families.

## **Biltmore Estate**

NCNGA Members can now order discount Biltmore Estate Tickets online, in addition to ordering through our office.

Biltmore Estate Discount Tickets - Adult Tickets \$27.00

Biltmore Discount Tickets are for NCNGA Members and their families, only.\*

Valid for any daytime self-guided tour 4 January - 2 April 2010

(Gate Prices - \$40 Jan 4 - Mar 18, 2010; \$60 Mar 19-Apr 2, 2010)

Children 9 & under FREE year-round with paying adult.

### **To order tickets send check, money order, or credit card information to:**

NCNGA 7410 Chapel Hill Road Raleigh, NC 27607 or Call 1-800-821-6159, ext 2 for Kathy Ford

### **PLEASE READ IMPORTANT INFORMATION:**

\*When ordering tickets, please allow one week for delivery

\*You **must** obtain a reservation prior to going into the house. This must be done on the day of your visit when you arrive at the estate, either at the Group Sales office (entrance of the estate) or at the Reservations Booth (located on the right as you approach the House).

\*The NCNGA pays for tickets as they are sold; we are unable to provide refunds if tickets are unused.

\*Tickets are mailed the day the request is received.

### **You may also order discount tickets online. \*Prices may vary\***

Go To: <http://www.biltmore.com/ncnga>

## **Military Saves Week**

The Department of Defense (DoD) will launch the 2010 Military Saves Campaign with Military Saves Week, February 21-28, 2010.

The Campaign is conducted annually in cooperation with the official DoD Financial Readiness Campaign nonprofit partner, the Consumer Federation of America, as part of the larger nationwide America Saves Campaign.

Reducing debt and saving for the future are two goals all military members and their families can start working towards immediately. This Campaign offers encouragement and guidance to motivate military families to start building financial wealth today.

Members can set a savings goal and take the saving pledge by registering on Military Saves. Take the pledge now!

<http://www.militarysaves.org/>

## **Family Medical Leave Information**

The President signed into law H.R. 4986, the National Defense Authorization Act for FY 2008 (NDAA), Pub. L. 110-181. Among other things, section 585 of the NDAA amends the Family and Medical Leave Act of 1993 (FMLA) <<http://www.dol.gov/whd/fmla/fmlaAmended.htm>> to permit a "spouse, son, daughter, parent, or next of kin" to take up to 26 workweeks of leave to care for a "member of the Armed Forces, including a member of the National Guard or Reserves, who is undergoing medical treatment, recuperation, or therapy, is otherwise in outpatient status, or is otherwise on the temporary disability retired list, for a serious injury or illness." The NDAA also permits an employee to take FMLA leave for "any qualifying exigency (as the Secretary [of Labor] shall, by regulation, determine) arising out of the fact that the spouse, or a son, daughter, or parent of the employee is on active duty (or has been notified of an impending call or order to active duty) in the Armed Forces in support of a contingency operation." By its express terms, this provision of the NDAA is not effective under the Secretary of Labor issues final regulations defining "any qualifying exigency." Additional information and a copy of Title I of the FMLA, as amended, are available on the FMLA NDAA Web site <[http://www.dol.gov/whd/fmla/NDAA\\_fmla.htm](http://www.dol.gov/whd/fmla/NDAA_fmla.htm)> . (January 28, 2008)

## **Caregiver Information, Resources and Programs Offered Through AARP-NC**

### **AARP-NC has three Career Job Fairs scheduled**

1. April 6 at the Brownstone Hotel located off Hillsborough St. in Raleigh from 9-1:30pm;
2. June 15, Winston-Salem-Quality Inn Conference Center;
3. August 24 in Charlotte –location TBN.

### **CAREGIVING and DRIVING HEALTH**

- \* Prepare to Care - from 20 minute to 2 hour presentations pending on time – this program helps folks “get their house and caregiving in order” by preparing important documents and having them in a secure place before a caregiving crisis occurs. Develops a caregiving plan.
- \* Powerful Tools for Caregivers- 6 week course for caregivers to empower themselves in their own self care by taking 6 classes for 2.5 hours or 90 minutes once a week such as communication skills( i.e. using I messages instead of you messages );handling emotions( anger, guilt, depression);handling stress( learn relaxation techniques );family meeting; handling challenges situations.
- \* Safe Driving skills and refresher with driving course entitled: AARP Driver Safety Program - 4 hours- receive certificate of completion and can present this to the automobile insurance for a probable DISCOUNT (HB 164) - also available on-line- this program requires a cost- \$12 for AARP members and \$14 for non-members or on-line-AARP members=\$14.95 and Non-members= \$19.95- Visit [www.aarp.org/drive](http://www.aarp.org/drive) or call 1-888-227-7669.
- \* CARFIT- 12 point self assessment on how someone fits in their own car- how to eliminate blind spots; familiarize self with the interior of the car; Occupational therapist assists for any adaptations necessary for driver after assessment.- takes 15-20 minutes per car
- \* We Need To Talk 60 minute Seminar- having conversations about when someone should or should not drive anymore with alternatives and resources available

### **TAX AIDE**

- AARP-NC has 1100 volunteer counselors who assist any age with their taxes in the low to moderate income range (<\$49,000). Visit [www.aarp.org/taxaide](http://www.aarp.org/taxaide) for location of sites in NC by entering the zip code or call 1-888-687-2277.

### **CONSUMER PROTECTION**

- \* Fraud Fighters- one on one volunteer counselors who assist with investment , mail, home repair, telephone fraud of victims
- \* Scam Jams- seminars held with the Attorney General’s office, AARP-NC and the Secretary of State to inform consumers about the types of fraud and how to prevent it.

## TRICARE

Important  
Telephone Numbers

TRICARE FOR LIFE  
1-866-773-0404  
[www.tricare4u.com](http://www.tricare4u.com)

RETAIL PHARMACY  
1-866-DoD-TRRX  
1-866-363-8779

NATIONAL MAIL  
ORDER PHARMACY  
1-866-DoD-TMOP  
1-866-363-8667  
[www.express-scripts.com/  
TRICARE](http://www.express-scripts.com/TRICARE)

TRICARE PRIME  
REMOTE  
1-877-TRICARE  
1-877-874-2273

TRICARE DENTAL  
1-888-622-2256 (Enrollment)  
1-800-866-8499 (Information)

NORTH REGION  
Health Net Federal  
Services  
1-877-TRICARE  
(1-877-874-2273)  
[www.healthnetfederalservices.com](http://www.healthnetfederalservices.com)

WEST REGION  
TriWest Healthcare  
Alliance  
1-888-TRIWEST  
(1-888-874-9378)  
[www.triwest.com](http://www.triwest.com)

SOUTH REGION  
Humana Military Health-  
care Services  
1-800-444-5445  
[www.humana-military.com](http://www.humana-military.com)

TRICARE Information  
Service  
1-888-DoD-CARE  
1-888-363-2273

West  
San Diego, CA  
TriWest  
Healthcare  
Alliance Corp  
[www.triwest.com](http://www.triwest.com)

North  
Washington, D.C.  
Health Net Federal Services  
[www.healthnetfederalservices.com](http://www.healthnetfederalservices.com)

South  
San Antonio, TX  
Humana Military Healthcare Services  
[www.humana-military.com](http://www.humana-military.com)

## inTransition Now Available for Service Members Receiving Mental Health Treatment

FALLS CHURCH, Va. – The Office of the Deputy Assistant Secretary of Defense for Force Health Protection and Readiness announced Feb. 24 the kick-off of inTransition. inTransition is a new program designed to offer service members currently receiving mental health treatment a bridge of support between health care providers when they transfer to a new location or separate from active service. The program may be accessed by service members or referring mental health providers by calling 1-800-424-7877, in the United States including Alaska and Hawaii; or 1-800-424-4685 outside the United States. Individuals outside the U.S. may also call collect 1-314-387-4700. Once contact is made, the service member is assigned a Transition Support Coach. These coaches are licensed, master's-level behavioral health clinicians specially trained and skilled in understanding today's military culture. They understand and respect the importance of service member privacy, and provide one-on-one coaching with the service member via telephone until the transition to the new mental health provider is complete. Transition Support Coaches offer support through motivational consultation and action planning. They provide detailed information on how to successfully change providers, assist with referrals and follow-up with new providers to ensure continuity of care. Coaches also offer crisis intervention to those who need it, and provide information on local community resources, support groups, and other resources specifically tailored to the service member's new duty station or location. In particular, coaches have the knowledge to assist service members transitioning their mental health care from the Military Health System to the Department of Veterans Affairs.

For more information, please visit the inTransition Web site at [www.health.mil/inTransition](http://www.health.mil/inTransition). Media with questions about inTransition can contact Peter Graves at 703-681-3279 ext. 173, or email at [peter.graves.ctr@tma.osd.mil](mailto:peter.graves.ctr@tma.osd.mil).

## TRICARE Newsletters Get the Word Out Electronically

FALLS CHURCH, Va. – With a few clicks of a mouse, TRICARE beneficiaries can sign up at [www.tricare.mil/subscriptions](http://www.tricare.mil/subscriptions) to have the latest TRICARE benefit news sent to them electronically. All of the newsletters and bulletins TRICARE currently prints are available online and can be delivered electronically straight to an e-mail inbox.

TRICARE Health Matters is mailed to Prime beneficiaries seven times a year. Health Matters includes updates on recent changes to TRICARE Prime, articles about the latest health-related information and reminders about how and when to update Defense Enrollment Eligibility Reporting System (DEERS) information.

Each year TRICARE Standard beneficiaries receive their copy of TRICARE Standard Health Matters. Like its Prime counterpart, it includes the most up-to-date Standard benefit information and helpful articles about staying healthy. In September 2010, TRICARE is releasing a special edition of the Standard Newsletter available only in an electronic format.

The TRICARE Dental Health Matters newsletter is delivered to dental enrollee homes three times a year. Filled cover-to-cover with dental benefit updates and tips about keeping teeth healthy, TRICARE Dental Health Matters is dedicated to helping beneficiaries understand their dental coverage and receive the best dental care possible.

To get the Standard e-Newsletter and other TRICARE newsletters electronically or receive e-mail alerts, beneficiaries can subscribe by their region and beneficiary category – for example, active duty family member, retiree or National Guard or Reserve member – or select the specific health-related topics they want more information about.

Subscribing to TRICARE's electronic delivery system is fast and secure, just go to [www.tricare.mil/subscriptions](http://www.tricare.mil/subscriptions). An e-mail address is the only information collected and beneficiaries have a unique page where they can manage their subscriptions 24/7.

### About TRICARE Management Activity and the Military Health System

TRICARE Management Activity, the Defense Department activity that administers the health care plan for the uniformed services, retirees and their families, serves more than 9.6 million eligible beneficiaries worldwide in the Military Health System (MHS). The mission of the MHS is to enhance Department of Defense and national security by providing health support for the full range of military operations. The MHS provides quality medical care through a network of providers, military treatment facilities, medical clinics and dental clinics worldwide. For more about the MHS go to [www.health.mil](http://www.health.mil).

## ***Family Readiness Air Guard Executive Council***

Family Readiness office  
telephone numbers

1-800-354-6943 Ext 4949  
704-398- 4949

Cell Phone: 980-721-4019

DSN: 231-4949

[kathleen.flaherty@ang.af.mil](mailto:kathleen.flaherty@ang.af.mil)

The fastest way to get in touch  
with FR is now through the cell  
phone or e-mail , someone will  
answer or get back in touch  
with you as quickly as possible

**The Role of the Executive council is to assist the commanders in the administration and management of the Family Readiness Program. The council is responsible for developing and disseminating policy, plans, and program guidance. These duties include, but not limited to develop a plan to provide the best possible tools for management to insure the all resources are available for our members and their families; develop a line a communication between senior management and the unit family readiness groups.**

**If you are interested in joining our TEAM please contact the Family Readiness office at 704-398-4949.**

### **Family Readiness**

#### **Charter**

Develop a program to provide information, on-going education, and assistance to families, members, and leadership aimed at preparing military members and their families for National Guard Military Life

#### **Mission**

Educate, Support, Assist, Communicate, Collaborate, and Sustain